

Crediting Summary Charts for the Summer Food Service Program (SFSP) Meal Patterns

SFSP sponsors must be able to document the meal pattern contribution of foods and beverages served in SFSP meals and snacks. This publication summarizes the crediting requirements and methods for the four food components of the U.S. Department of Agriculture's (USDA) SFSP meal patterns. [Chart 1](#) provides an overview of the crediting requirements for each component. [Charts 2 through 5](#) summarize the specific crediting considerations for each of the four meal pattern components (milk, meat/meat alternates, vegetables/fruits, and grains/breads).

Crediting Documentation

SFSP sponsors must use appropriate crediting methods and maintain the applicable documentation for commercial products and foods made from scratch. Menu planners should follow the guidance below to ensure that SFSP menus comply with the crediting requirements of the [SFSP meal patterns](#).

- **Use the Food Buying Guide for Child Nutrition Programs (FBG):** The USDA's [FBG](#) determines food yields and crediting information, and the specific contribution of foods toward the meal pattern requirements. It indicates how many servings a specific quantity of food will provide, what quantity of raw product will provide the amount of ready-to-cook food in a recipe, and how much food to buy to provide a specific meal pattern contribution.
- **Obtain a Child Nutrition (CN) label or product formulation statement (PFS) for all commercial processed products:** SFSP sponsors must have a CN label or PFS to document the meal pattern contribution of all commercial processed foods. Commercial processed foods without this documentation cannot credit. For more information, refer to the Connecticut State Department of Education's (CSDE) resources, [Child Nutrition \(CN\) Labeling Program](#), [Product Formulation Statements](#), and [Accepting Processed Product Documentation in the SFSP](#). Additional resources are available in the "[Crediting Commercial Processed Products](#)" section of the CSDE's SFSP webpage.
- **Maintain recipes for foods made from scratch:** SFSP sponsors must have recipes (preferably standardized recipes) that document the crediting information for all foods made from scratch. Determine the recipe's meal pattern contribution per serving by: 1) using the FBG to determine the weight or volume of each creditable ingredient in the recipe; and 2) dividing the weight or volume of each creditable ingredient by the number of servings. The FBG's [Recipe Analysis Workbook](#) (RAW) allows menu planners to search for creditable ingredients and calculate a recipe's meal pattern contribution. For more information, visit the "[Crediting Foods Made from Scratch](#)" section of the CSDE's SFSP webpage.

Remember to **round down** all crediting amounts for products and recipes to the nearest minimum creditable amount (refer to [chart 1](#)).

Crediting Summary Charts for the SFSP Meal Patterns

Chart 1 – Overview of Crediting Requirements for the Meal Pattern Components

Criteria	Milk	Meat/Meat Alternates (MMA)	Vegetables/Fruits	Grains
Meal pattern measure	Volume: cups	Weight: ounces	Volume: cups	Servings <ul style="list-style-type: none"> Groups A-G: weight Groups H-I: volume or weight:
Minimum creditable amount	Full serving	¼ ounce	⅛ cup	¼ oz eq
Crediting methods: <i>Round down all crediting amounts for products and recipes to the nearest minimum creditable amount</i>	Credit based on allowable types of milk (refer to chart 2).	<ul style="list-style-type: none"> MMA without added ingredients: Credit based on <i>cooked weight</i>, e.g., 1 ounce of cooked lean meat credits as 1 ounce of MMA. Use the FBG for to determine cooked yields or edible portions. Processed MMA (contain added ingredients): Credit based on the amount specified in the CN label, PFS, or FBG. Note: <i>The manufacturer's serving weight is not the same as the MMA contribution because processed foods contain non-MMA ingredients.</i> 	<ul style="list-style-type: none"> Credit based on volume (cups) using the yields in the FBG. 	<ul style="list-style-type: none"> Method 1: Use the weight (groups A-G) or volume (groups H-I) in the USDA's Exhibit A chart (refer to Servings for Grains/Breads in the SFSP). Method 2: Determine the weight (grams) of the creditable grains per serving (refer to Calculation Methods for Grains/Bread Servings in the SFSP). <ul style="list-style-type: none"> Groups A-G: 1 serving = 14.75 grams of creditable grains Groups H: 1 serving = 25 grams of creditable grains
Documentation for unprocessed products	Not applicable	Use FBG to determine and document food yields and crediting information.		
Documentation for processed products	Not applicable, except for milk in smoothies.	Must have CN label or PFS. CSDE webpage: Crediting Commercial Processed Products ("Documents/Forms" section of SFSP webpage)		
Documentation for foods made from scratch	Not applicable, except for milk in smoothies.	Must have recipe (preferably standardized). CSDE webpage: Crediting Foods Made from Scratch ("Documents/Forms" section of SFSP webpage)		

Crediting Summary Charts for the SFSP Meal Patterns

How to Credit the Meal Pattern Components

Charts 2 through 5 summarize the specific crediting considerations for each of the four components and include links to resources and websites with additional information.

- [Chart 2](#). Milk Component
- [Chart 3](#). Meat/Meat Alternates Component
- [Chart 4](#). Vegetables/Fruits Component
- [Chart 5](#). Grains/Breads Component

For detailed guidance on the meal patterns and crediting requirements, refer to the [SFSP Meal Patterns](#) and visit the “[Meal Patterns for the SFSP](#)” section of the CSDE’s SFSP webpage.



Noncreditable Foods

SFSP funds cannot be used to purchase noncreditable foods, except for condiments served with creditable foods. For additional guidance, refer to [USDA Memo SP 06-2012: Serving Additional Foods in the Summer Food Service Program](#) and the CSDE’s resource, [Noncreditable Foods in the SFSP](#).

Crediting Resources

Crediting Commercial Processed Products (“Documents/Forms” section of CSDE’s SFSP webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#CreditingCommercialProcessedProducts>

Crediting Foods in the SFSP (“Documents/Forms” section of CSDE’s SFSP webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents>

Crediting Foods Made from Scratch Products (“Documents/Forms” section of CSDE’s SFSP webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#CreditingFoodsScratch>

Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Meal Patterns for the SFSP (CSDE’s SFSP webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program#MealPatterns>

Noncreditable Foods in the SFSP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Noncreditable_Foods_SFSP.pdf

Crediting Summary Charts for the SFSP Meal Patterns

Chart 2 – How to Credit the Milk Component

The milk component includes only fluid milk. Milk must be pasteurized, meet all state and local requirements, and contain vitamins A and D at levels specified by the Food and Drug Administration (FDA). For information on the meal pattern requirements for the milk component, refer the CSDE's resource, [Requirements for the Milk Component of the SFSP Meal Patterns](#).

Best practices: Serve unflavored whole milk for age 1; unflavored low-fat or fat-free milk for ages 2-5; and unflavored or flavored low-fat or fat-free milk for ages 6 and older.

Noncreditable foods: Examples of foods that do not credit as the milk component include but are not limited to nondairy milk substitutes, such as soy milk, rice milk, almond milk, and cashew milk; milk that is cooked or baked in foods, such as cereals, puddings, and cream sauces; nutrition supplement beverages, such as Abbott's Pediasure; powdered milk beverages, such as Nestle's NIDO; and *only for SFSP sponsors that operate on the premises of public schools*, milk and nondairy milk substitutes that do not meet the state beverage requirements of Connecticut General Statute Section 10-221q. For additional guidance, refer to the CSDE's resource, [Noncreditable Foods in the SFSP](#).

Food item	Crediting requirements	Crediting resources
Fluid milk	<ul style="list-style-type: none"> The SFSP meal patterns require fluid milk as a beverage. Milk does not credit when cooked or baked in foods, such as cereals, puddings, cream sauces, and other foods. Milk must be pasteurized, meet all state and local requirements, and contain vitamins A and D at levels specified by the Food and Drug Administration (FDA). No restrictions for fat content or flavor. Allowable types of milk include unflavored or flavored pasteurized whole milk, reduced-fat (2%) milk, low-fat (1%) milk, fat-free milk, buttermilk, lactose-reduced milk, and acidophilus milk. Best practice: Recommended types of milk include unflavored whole milk for age 1; unflavored low-fat or fat-free milk for ages 2-5; and unflavored or flavored low-fat or fat-free milk for ages 6 and older. SFSP sponsors that operate on the premises of public schools: Must meet the state beverage requirements for milk (Section 10-221q of the Connecticut General Statutes). The state beverage statute requires that milk cannot contain artificial sweeteners and cannot exceed 4 grams of sugars per fluid ounce. 	<ul style="list-style-type: none"> CSDE handout (applies only to SFSP sponsors that operate in public schools): Allowable Beverages for Connecticut Public Schools

Crediting Summary Charts for the SFSP Meal Patterns

Chart 2 – How to Credit the Milk Component, *continued*

Food item	Crediting requirements	Crediting resources
Milk in fruit/vegetable smoothies	<ul style="list-style-type: none"> The minimum creditable amount of milk in a smoothie is ¼ cup. If a smoothie contains less than the full serving of milk, the meal or snack must include additional milk to provide the full serving. 	<ul style="list-style-type: none"> CSDE handout: <i>Crediting Smoothies in the SFSP</i>
Milk substitutes for children without a disability	<ul style="list-style-type: none"> SFSP sponsors: Nondairy milk substitutes are not allowed. Examples include soy milk, almond milk, cashew milk, rice milk, oat milk. School food authorities (SFAs) operating the SFSP: May serve nondairy milk substitutes that meet the USDA’s nutrition standards for fluid milk substitutes. Certain brands of soy milk are the only nondairy milk products that currently meet the USDA’s nutrition standards for fluid milk substitutes. Nondairy milk substitutes must also meet the state beverage requirements for nondairy milk substitutes (Section 10-221q of the Connecticut General Statutes). The state beverage statute requires that nondairy milk substitutes cannot contain artificial sweeteners and cannot exceed 4 grams of sugars per fluid ounce, 35 percent of calories from fat, and 10 percent of calories from saturated fat. Juice, water, and other beverages can never substitute for milk in meals or snacks for children without a disability. 	<ul style="list-style-type: none"> CSDE handout: <i>Allowable Milk Substitutes for Children with Disabilities in School Nutrition Programs</i> CSDE handout (only for SFSP sponsors that operate in public schools): <i>Allowable Beverages for Connecticut Public Schools</i>

For more resources, visit the “[Milk Component for the SFSP](#)” section of CSDE’s SFSP webpage

Crediting Summary Charts for the SFSP Meal Patterns

Chart 3 – How to Credit the Meat/Meat Alternates Component

The MMA component includes fresh and frozen meats (e.g., lean beef, pork, poultry, fish, and shellfish), processed meats (e.g., chicken nuggets, deli meats, and fish sticks), canned meats (e.g., chicken, tuna, and salmon), and meat alternates such as eggs, cheese, yogurt, nuts and seeds and their butters, beans and peas (legumes), and tempeh. For information on the meal pattern requirements for the MMA component, refer to the CSDE’s resource, [Requirements for the Meat/Meat Alternates Component of the SFSP Meal Patterns](#).

Note: The manufacturer’s serving weight is **not** the same as the MMA contribution because processed foods contain non-MMA ingredients. SFSP sponsors must obtain a CN label or PFS for all commercial processed products (refer to “[Crediting Documentation](#)” in this document).

Best practices: Offer a variety of different protein foods throughout the week, such as lean meats, seafood, poultry, legumes (beans and peas), and nuts. Substitute legumes for all or a portion of meat in recipes. Limit processed meats and poultry (such as hot dogs, bologna, luncheon meat, pepperoni, and sausages) to no more than once per week. Choose low-fat or reduced-fat cheeses and yogurts.

Noncreditable foods: Examples of foods that do not credit as the MMA component include but are not limited to bacon; commercial canned soups, e.g., beef barley, beef noodle, turkey or chicken noodle, and turkey or chicken rice; cream cheese; drinkable yogurt; egg whites; frozen yogurt; imitation cheese; and sour cream. For additional guidance, refer to the CSDE’s resource, [Noncreditable Foods in the SFSP](#).

Food item	1 ounce of MMA =	Additional crediting requirements and resources
Alternate protein products (APPs) , e.g., veggie burgers, meatless chicken nuggets, and soy hotdogs	<ul style="list-style-type: none"> Varies by product: Must have a CN label, PFS, or a signed letter from a company official attesting that the product meets the USDA’s APP requirements. 	<ul style="list-style-type: none"> CSDE handout: Requirements for Alternate Protein Products in the SFSP
Cheeses , e.g., cheddar, mozzarella, provolone, American, and cottage cheese	<ul style="list-style-type: none"> 1 ounce of natural cheese and pasteurized process cheese, e.g., American. ¼ cup of cottage or ricotta cheese. 2 ounces of cheese substitute, cheese food substitute, and cheese spread substitute. 	<ul style="list-style-type: none"> Cream cheese does not credit. To credit foods that contain cheese (such as pizza and macaroni and cheese) requires a CN label or PFS for commercial products, and a recipe for foods made from scratch. Best practice: Choose low-fat or reduced-fat cheeses.

Crediting Summary Charts for the SFSP Meal Patterns

Chart 3 – How to Credit the Meat/Meat Alternates Component, *continued*

Food item	1 ounce of MMA =	Additional crediting requirements and resources
Commercial combination foods , e.g., pizza and chicken nuggets	<ul style="list-style-type: none"> Varies by product: Must have a CN label or PFS to document the amount of meat or meat alternate per serving. 	<ul style="list-style-type: none"> CSDE handout: Crediting Commercial Meat/Meat Alternate Products in the SFSP CSDE webpage: Crediting Commercial Processed Products (“Documents/Forms” section of SFSP webpage)
Commercial meat, poultry, or fish products with added ingredients , e.g., hotdogs, deli meats, and sausages	<ul style="list-style-type: none"> Varies by product: Must have a CN label or PFS to document the amount of meat or meat alternate per serving. 	<ul style="list-style-type: none"> Regular bacon does not credit. Some brands of turkey bacon might credit with a PFS. Best practice: Limit processed meats (such as hot dogs, bologna, luncheon meat, pepperoni, and sausage) to no more than one serving per week. CSDE handout: Crediting Commercial Meat/Meat Alternate Products in the SFSP CSDE webpage: Crediting Commercial Processed Products (“Documents/Forms” section of SFSP webpage)
Cooked lean meat, poultry, or fish , i.e., without bone, skin, or added ingredients	<ul style="list-style-type: none"> 1 ounce: Refer to the FBG for cooked yields of meat, poultry, and fish. 	

Crediting Summary Charts for the SFSP Meal Patterns

Chart 3 – How to Credit the Meat/Meat Alternates Component, *continued*

Food item	1 ounce of MMA =	Additional crediting requirements and resources
Deli meats , e.g., turkey, ham, roast beef, salami, and bologna	<ul style="list-style-type: none"> Varies by product: Must have a CN label or PFS to document the amount of meat per serving. Many deli meats do not credit based on serving weight because they contain added binders, extenders, and liquids. Many deli meats require several ounces to credit as 1 ounce of MMA. 	<ul style="list-style-type: none"> CSDE handout: <i>Crediting Deli Meats in the SFSP</i>
Dried meat, poultry, and seafood products , e.g., jerky and summer sausage	<ul style="list-style-type: none"> Varies by product: Must have a CN label or PFS to document the amount of meat per serving. 	<ul style="list-style-type: none"> Must evaluate the product's PFS to ensure it meets the following USDA crediting principles: 1) the creditable meat ingredient must match, or have a similar description to, the ingredient listed on the product's label; 2) the creditable meat ingredient must have a similar description to a food item in the FBG; and 3) the creditable amount cannot exceed the finished weight of the product. For example, a 1-ounce serving of beef jerky cannot credit for more than 1 ounce of the MMA component. Ground pork and beef ingredients must include the percent fat because the fat content has a direct correlation to the cooking yield. To credit in Child Nutrition Programs, the fat content of ground beef or ground pork in dried meat products cannot exceed 30 percent. USDA Memo SP 21-2019, CACFP 08-2019 and SFSP 07-2019: <i>Crediting Shelf-Stable, Dried and Semi-Dried Meat, Poultry, and Seafood Products in the Child Nutrition Programs</i> USDA's webinar: Moving Forward: Update on Food Crediting in Child Nutrition Programs with Guidance for Dried Meat Products

Crediting Summary Charts for the SFSP Meal Patterns

Chart 3 – How to Credit the Meat/Meat Alternates Component, *continued*

Food item	1 ounce of MMA =	Additional crediting requirements and resources
Eggs	<ul style="list-style-type: none"> • ½ large. 	<ul style="list-style-type: none"> • Only whole eggs credit. Liquid egg substitutes are not whole eggs and do not credit. Egg whites served alone do not credit. • To credit foods that contain eggs (such as quiche or frittatas) requires a CN label or PFS for commercial products, and a recipe for foods made from scratch.
Foods made from scratch , e.g., pizza and macaroni and cheese	<ul style="list-style-type: none"> • Varies by food: Must have a recipe (preferably standardized) to document the amount of meat or meat alternate per serving. 	<ul style="list-style-type: none"> • CSDE webpage: Crediting Foods Made from Scratch (“Documents/Forms” section of SFSP webpage)
Legumes (cooked beans and peas) , e.g., kidney beans, black beans, and chickpeas	<ul style="list-style-type: none"> • ¼ cup of cooked legumes. • 1 ounce of roasted legumes, e.g., roasted chickpeas and roasted soybeans (soy nuts). 	<ul style="list-style-type: none"> • The liquid served with legumes does not credit, such as the sauce in baked beans. • Legumes may credit as either MMA or vegetables but one serving cannot credit as both components in the same meal. Refer to chart 4 for information on crediting legumes as vegetables. • CSDE handout: Crediting Legumes in the SFSP
Pasta products made of 100 percent legume flour , e.g., chickpea flour pasta and lentil flour pasta	<ul style="list-style-type: none"> • ¼ cup of cooked 100 percent legume flour pasta. 	<ul style="list-style-type: none"> • SFSP menus must offer the legume flour pasta with an additional MMA, such as tofu, cheese, or meat. • Pasta made of 100 percent legumes may credit as either MMA or vegetables but one serving cannot credit as both components in the same meal. Refer to chart 4 for information on crediting legumes as vegetables.

Crediting Summary Charts for the SFSP Meal Patterns

Chart 3 – How to Credit the Meat/Meat Alternates Component, *continued*

Food item	1 ounce of MMA =	Additional crediting requirements and resources
Nut/seed butters , e.g., peanut butter, almond butter, sunflower seed butter, and soy nut butter	<ul style="list-style-type: none"> 2 tablespoons. Note: Use <i>tablespoons</i>, not weight. Measuring 1 ounce by weight does <i>not</i> provide 1 ounce of MMA. The FBG indicates that 1.1 ounces of nut/seed butter credit as 1 ounce of MMA. 	<ul style="list-style-type: none"> Consider the appropriateness of the serving size for each age group. It may be unreasonable to provide the full serving of a nut or seed butter in one menu item, such as a peanut butter sandwich. CSDE handout: Crediting Nuts and Seeds in the SFSP
Nuts/seeds , e.g., almonds, peanuts, and sunflower seeds	<ul style="list-style-type: none"> 1 ounce. 	<ul style="list-style-type: none"> Lunch/supper: Nuts and seeds cannot credit for more than half (1 ounce) of the MMA requirement and must be combined with another MMA to meet the required 2-ounce serving. CSDE handout: Crediting Nuts and Seeds in the SFSP
Surimi	<ul style="list-style-type: none"> 3 ounces. 	<ul style="list-style-type: none"> Must have a PFS to credit a surimi product differently.
Tempeh	<ul style="list-style-type: none"> 1 ounce. 	<ul style="list-style-type: none"> Must have a PFS if the product's ingredients contain anything other than soybeans (or other legumes), water, tempeh culture, vinegar, seasonings, and herbs. USDA Memo SP 25-2019, CACFP 12-2019 and SFSP 11-2019: Crediting Tempeh in the Child Nutrition Programs USDA webinar: Additional Meat/Meat Alternate Options for CNPs: Crediting Tempeh and Surimi
Tofu (commercial)	<ul style="list-style-type: none"> Not applicable: Does not credit in the SFSP. 	

Crediting Summary Charts for the SFSP Meal Patterns

Chart 3 – How to Credit the Meat/Meat Alternates Component, *continued*

Food item	1 ounce of MMA =	Additional crediting requirements and resources
Yogurt , plain or flavored; sweetened or unsweetened; and with or without added fruit, either blended or on the bottom or top	<ul style="list-style-type: none"> • ½ cup or 4 ounces weight. 	<ul style="list-style-type: none"> • Yogurt mixed in smoothies credits as the MMA component. Crediting requires a recipe, PFS, or CN label. Refer to Crediting Smoothies in the SFSP. • Fruits in commercially prepared yogurt (either blended or on the bottom or top) do not credit toward the fruits component. Menu planners may credit fruits offered as a separate component, such as yogurt topped with fresh blueberries or sliced strawberries in a yogurt-fruit parfait (refer to chart 4). • Soy yogurt, homemade yogurt, and commercial yogurt products do not credit, e.g., drinkable or squeezable yogurt, frozen yogurt, yogurt bars, yogurt-covered fruits and nuts, and yogurt-flavored products. • Best practice: Choose low-fat or reduced-fat yogurts. • CSDE handout: Crediting Yogurt in the SFSP

For more resources, visit the “[Meat/Meat Alternates Component for the SFSP](#)” section of CSDE’s SFSP webpage

Crediting Summary Charts for the SFSP Meal Patterns

Chart 4 – How to Credit the Vegetables/Fruits Component

The vegetables/fruits component includes fresh vegetables and fruits; frozen vegetables and fruits; drained canned vegetables, canned fruit in juice, water, or light syrup; rehydrated dried vegetables; dried fruits; and pasteurized 100 percent full-strength juice (fruit, vegetable, or combination). For information on the meal pattern requirements for the vegetables/fruits component, refer to the CSDE's resource, [Requirements for the Vegetables/Fruits Component of the SFSP Meal Pattern](#).

Best practices: Serve a variety of vegetables from the five vegetable subgroups (dark green, red/orange, beans and peas (legumes), starchy, and other). Serve a variety of fruits and choose whole fruits (fresh, frozen, or canned in 100% juice or water) more often than juice.

Noncreditable foods: Examples of foods that do not credit as vegetables include but are not limited to chili sauce; dehydrated vegetables used for seasoning; cream vegetable soups, e.g., cream of broccoli and cream of mushroom; home-canned products (for food safety reasons); ketchup; pickle relish; and snack-type foods made from vegetables, such as potato chips. Examples of foods that do not credit as fruits include but are not limited to banana chips; dried coconut; fruit snacks (e.g., fruit roll-ups, fruit leathers, fruit wrinkles, fruit twists, yogurt-covered fruit snacks); home-canned products (for food safety reasons); jams, jellies, and preserves; and juice drinks that are not 100 percent juice such as grape juice drink, orange juice drink, pineapple-grapefruit drink, cranberry juice cocktail, and lemonade. For additional guidance, refer to the CSDE's resource, [Noncreditable Foods in the SFSP](#).

Food item	Credit based on	Additional crediting requirements and resources
Canned fruits in juice, water, or syrup , e.g., canned peaches and pineapple tidbits	<ul style="list-style-type: none"> Served volume, e.g., $\frac{1}{2}$ cup = $\frac{1}{2}$ cup of the vegetables/fruits component. 	<ul style="list-style-type: none"> A serving of canned fruit may include the 100 percent juice in which the fruit is packed but cannot include water or syrup. Refer to the FBG for yields. CSDE handout: Crediting Juice in the SFSP
Canned vegetables , e.g., corn, peas, and kidney beans	<ul style="list-style-type: none"> Served volume, e.g., $\frac{1}{2}$ cup = $\frac{1}{2}$ cup of the vegetables/fruits component. 	<ul style="list-style-type: none"> Must be drained (packing liquid does not credit, such as the water in canned corn or the sauce in baked beans). Refer to the FBG for yields.

Crediting Summary Charts for the SFSP Meal Patterns

Chart 4 – How to Credit the Vegetables/Fruits Component, *continued*

Food item	Credit based on	Additional crediting requirements and resources
Commercial vegetable soups , e.g., vegetable soups (such as minestrone and tomato) and legume soups (such as split pea, lentil, and black bean)	<ul style="list-style-type: none"> • Yields in FBG: <ul style="list-style-type: none"> ◦ Vegetable soup: 1 cup = $\frac{1}{4}$ cup of the vegetables/fruits component. ◦ Legume soup: 1 cup = $\frac{1}{2}$ cup of the vegetables/fruits component. 	<ul style="list-style-type: none"> • Only certain types of vegetable soups credit. Refer to the FBG. Cream vegetable soups (such as cream of broccoli and cream of mushroom) do not credit. • Must have a PFS to credit a commercial soup differently. • CSDE handout: <i>Crediting Soup in the NSLP and SBP</i>
Dried fruits , e.g., raisins, apricots, and cherries	<ul style="list-style-type: none"> • Served volume, e.g., $\frac{1}{2}$ cup = $\frac{1}{2}$ cup of the vegetables component. 	<ul style="list-style-type: none"> • Dried coconut, banana chips, and fruit snacks (e.g., fruit roll-ups and yogurt-covered fruit snacks) do not credit.
Dried vegetables , e.g., potato flakes and dried soup mix	<ul style="list-style-type: none"> • Varies by product: Must have a PFS to document the rehydrated volume of vegetables per serving. 	<ul style="list-style-type: none"> • Credits based on the rehydrated volume (cups). • Dehydrated vegetables used for seasoning (such as dried parsley and onion flakes) do not credit.
Fresh fruits , e.g., apples, bananas, and pears	<ul style="list-style-type: none"> • Served volume, e.g., $\frac{1}{2}$ cup = $\frac{1}{2}$ cup of the vegetables/fruits component. 	<ul style="list-style-type: none"> • Refer to the FBG for yields. • Depending on the size, one piece of fresh fruit might not provide the full serving of the vegetables/fruits component. For example, one clementine credits as $\frac{3}{8}$ cup of the vegetables/fruits component and one kiwi credits as $\frac{1}{4}$ cup.
Fresh vegetables , e.g., broccoli, carrots, and spinach	<ul style="list-style-type: none"> • Served volume, e.g., $\frac{1}{2}$ cup = $\frac{1}{2}$ cup of the vegetables/fruits component. 	<ul style="list-style-type: none"> • Refer to the FBG for yields.
Frozen vegetables and fruits , e.g., corn, peas, green beans, frozen berries, and melon	<ul style="list-style-type: none"> • Served volume, e.g., $\frac{1}{2}$ cup = $\frac{1}{2}$ cup of the vegetables/fruits component. 	<ul style="list-style-type: none"> • Refer to the FBG for yields.

Crediting Summary Charts for the SFSP Meal Patterns

Chart 4 – How to Credit the Vegetables/Fruits Component, *continued*

Food item	Credit based on	Additional crediting requirements and resources
Juice, pasteurized full-strength (fruit, vegetable, or combination) , e.g., apple juice, orange juice, grape juice, tomato juice, and mixed fruit and vegetable juices	<ul style="list-style-type: none"> Served volume, e.g., $\frac{1}{2}$ cup = $\frac{1}{2}$ cup of the vegetables/fruits component. 	<ul style="list-style-type: none"> Lunch and supper: Juice cannot count for more than half ($\frac{3}{8}$ cup) of the required $\frac{3}{4}$-cup serving of the vegetables/fruits component. Snack: Juice cannot be served when milk is the only other snack component. CSDE handout: <i>Crediting Juice in the SFSP</i>
Pureed vegetables and fruits , e.g., sweet potatoes, tomato sauce, butternut squash, and applesauce	<ul style="list-style-type: none"> Served volume, e.g., $\frac{1}{2}$ cup = $\frac{1}{2}$ cup of the vegetables/fruits component. 	<ul style="list-style-type: none"> Must be recognizable. Pureed vegetables and fruits do not credit as the vegetables/fruits component when they are not recognizable, e.g., using applesauce or prune puree to replace the oil in muffins or adding pureed carrots to macaroni and cheese. Pureed vegetables and fruits in smoothies credit only as juice (refer to “Smoothies made of fruits/vegetables/juice” in this chart).
Legumes (cooked beans and peas) , e.g., kidney beans, black beans, and chickpeas	<ul style="list-style-type: none"> Served volume: Includes cooked legumes, roasted legumes (e.g., roasted chickpeas and soy nuts), and pasta made of 100 percent legume flour pasta (e.g., red lentil flour pasta and chickpea flour pasta). 	<ul style="list-style-type: none"> Refer to the FBG for yields. The liquid served with legumes does not credit, such as the sauce in baked beans. Legumes may credit as either vegetables or MMA but one serving cannot credit as both components in the same meal. Refer to chart 3 for information on crediting legumes as MMA. CSDE handout: <i>Crediting Legumes in the SFSP</i>

Crediting Summary Charts for the SFSP Meal Patterns

Chart 4 – How to Credit the Vegetables/Fruits Component, *continued*

Food item	Credit based on	Additional crediting requirements and resources
Mixed fruits , e.g., fruit salad, fruit cocktail, mixed berries	<ul style="list-style-type: none"> Served volume, e.g., $\frac{1}{2}$ cup = $\frac{1}{2}$ cup of the vegetables/fruits component. 	<ul style="list-style-type: none"> Refer to the FBG for yields. Lunch and supper: Must contain at least two <i>different</i> servings of vegetables and/or fruits. Mixed fruits count as only one of the two required servings.
Mixed vegetables , e.g., peas and carrots; and a California mix of broccoli, cauliflower, and carrots	<ul style="list-style-type: none"> Served volume, e.g., $\frac{1}{2}$ cup = $\frac{1}{2}$ cup of the vegetables/fruits component. 	<ul style="list-style-type: none"> Refer to the FBG for yields. Lunch and supper: Must contain at least two <i>different</i> servings of vegetables and/or fruits. Mixed vegetables count as only one of the two required servings.
Mixtures of vegetables and fruits , e.g., carrot-raisin salad and Waldorf salad	<ul style="list-style-type: none"> Served volume, e.g., $\frac{1}{2}$ cup = $\frac{1}{2}$ cup of the vegetables/fruits component. 	<ul style="list-style-type: none"> Refer to the FBG for yields. Lunch and supper: Must contain at least two <i>different</i> servings of vegetables and/or fruits. Mixtures of vegetables and fruits count as only one of the two required servings.
Pasta products made of 100 percent vegetable flours , e.g., chickpea flour pasta and lentil flour pasta.	<ul style="list-style-type: none"> Served volume: $\frac{1}{2}$ cup of pasta made of 100 percent vegetable flour credits as $\frac{1}{2}$ cup of the vegetables component. 	<ul style="list-style-type: none"> Pasta products made of 100 percent vegetable flours may credit as either vegetables or MMA but one serving cannot credit as both components in the same meal. Refer to chart 3 for information on crediting 100 percent legume flour pasta products as MMA. Pasta products made of vegetable flour with other non-vegetable ingredients require a PFS detailing the volume of vegetable flour per serving.

Crediting Summary Charts for the SFSP Meal Patterns

Chart 4 – How to Credit the Vegetables/Fruits Component, *continued*

Food item	Credit based on	Additional crediting requirements and resources
Smoothies made of fruits/vegetables/juice	<ul style="list-style-type: none"> • Pureed fruits and vegetables in smoothies credit only as juice and must meet the same requirements as juice (refer to “Juice, pasteurized full-strength (fruit, vegetable, or combination)” in this chart). • Crediting is based on the volume (cups) of pureed fruits and vegetables per serving. • Commercial smoothies require a PFS (or CN label, if available) to credit. Commercial smoothies cannot contain dietary or herbal supplements. 	<ul style="list-style-type: none"> • CSDE handout: Crediting Smoothies in the SFSP
For more resources, visit the “ Vegetables/Fruits Component for the SFSP ” section of CSDE’s SFSP webpage		

Crediting Summary Charts for the SFSP Meal Patterns

Chart 5 – How to Credit the Grains/breads component

The grains/breads component includes breads and bread products (e.g., biscuits, bagels, rolls, tortillas, and muffins), snack products (e.g., crackers, animal crackers, graham crackers, hard pretzels, tortilla chips, and popcorn); cereal grains (e.g., buckwheat, brown rice, bulgur, and quinoa); ready-to-eat (RTE) breakfast cereals; cooked breakfast cereals (e.g., oatmeal); bread products used as an ingredient in another menu item such as combination foods (e.g., breading on fish or poultry and pizza crust in pizza); pasta; and grain-based desserts (e.g., cookies, brownies, cakes, and granola bars). For information on the meal pattern requirements for the grains/breads component, refer to the CSDE's resource, [Requirements for the Grains/Breads Component of the SFSP Meal Patterns](#).

Best practices: Provide at least two servings of whole grains per day. Serve breakfast cereals with the lowest amount of sugar per serving.

Noncreditable foods: Examples of foods that do not credit as the grains/breads component include but are not limited to commercial products that do not contain a creditable grain as the first ingredient; breakfast cereals (RTE and cooked) that are not whole grain, enriched, or fortified; and recipes that are not made with creditable grains. For additional guidance, refer to the CSDE's resource, [Noncreditable Foods in the SFSP](#).

Food item	Crediting requirements	1 serving =
Breakfast cereals, cooked hot , e.g., oatmeal, cream of wheat, and farina (group H)	<ul style="list-style-type: none"> • Crediting criteria: The first ingredient must be a creditable grain or the cereal must be fortified. • CSDE handout: Crediting Breakfast Cereals in the SFSP 	<ul style="list-style-type: none"> • ½ cup cooked or 1 ounce (28 grams) dry
Breakfast cereals, RTE (group I)	<ul style="list-style-type: none"> • Two crediting criteria: The first ingredient must be a creditable grain or the cereal must be fortified. • CSDE handout: Crediting Breakfast Cereals in the SFSP 	<ul style="list-style-type: none"> • ¾ cup or 1 ounce, whichever is less

Crediting Summary Charts for the SFSP Meal Patterns

Chart 5 – How to Credit the Grains/breads component, *continued*

Food item	Crediting requirements	1 serving =
Commercial grain products , e.g., breads and bread products (groups A-G)	<ul style="list-style-type: none"> The first ingredient (excluding water) is a creditable grain. 	<ul style="list-style-type: none"> Varies by product: Use method 1 (USDA’s Exhibit A chart). <ol style="list-style-type: none"> Identify the <i>manufacturer’s serving weight</i> from the Nutrition Facts label or PFS. Determine the <i>required weight for the food’s grain group</i> (A-G) using the CSDE’s Servings for Grains/Breads in the SFSP. Divide the <i>manufacturer’s serving weight</i> by the <i>required weight for the food’s grain group</i>. Round down to the nearest ¼ serving. Use method 2 (creditable grains per serving) and obtain a PFS if any of the following apply: 1) the serving weight is not known; 2) a creditable grain is not the first ingredient, but the product contains more than one creditable grain; 3) a combination food that contains a grain portion is not CN labeled; 4) the manufacturer claims that a commercial grain product can provide the required creditable grains using a serving that is less than the amount in the USDA’s Exhibit A chart; and 5) the product is not listed the USDA’s Exhibit A chart. Refer to the CSDE’s Calculation Methods for Grains/Breads Servings in the SFSP.
Commercial combination foods , e.g., pizza, breaded chicken nuggets, macaroni and cheese (grain portion from groups A-H)	<ul style="list-style-type: none"> Ingredients listed together: First <i>grain</i> ingredient must be a creditable grain. Grain portion listed separately: <i>First ingredient</i> in the grain portion must be a creditable grain. 	<ul style="list-style-type: none"> Varies by product: Must have a CN label or PFS to document the creditable grains per serving.

Crediting Summary Charts for the SFSP Meal Patterns

Chart 5 – How to Credit the Grains/breads component, *continued*

Food item	Crediting requirements	1 serving =
Grain-based desserts	<ul style="list-style-type: none"> Allowed only at snack and breakfast Recommendation: Limit to no more than twice per week, between all meals and snacks served in the SFSP. Most grain-based desserts are high in fat, added sugars, and sodium. 	<ul style="list-style-type: none"> Varies by product: Use method 1 (USDA’s Exhibit A chart). <ol style="list-style-type: none"> Identify the <i>manufacturer’s serving weight</i> from the Nutrition Facts label or PFS. Determine the <i>required weight for the food’s grain group</i> (A-G) using the CSDE’s Servings for Grains/Breads in the SFSP. Divide the <i>manufacturer’s serving weight</i> by the <i>required weight for the food’s grain group</i>. Round down to the nearest ¼ serving. Use method 2 (creditable grains per serving) and obtain a PFS if any of the following apply: 1) the serving weight is not known; 2) a creditable grain is not the first ingredient, but the product contains more than one creditable grain; 3) a combination food that contains a grain portion is not CN labeled; 4) the manufacturer claims that a commercial grain product can provide the required creditable grains using a serving that is less than the amount in the USDA’s Exhibit A chart; and 5) the product is not listed the USDA’s Exhibit A chart. Refer to the CSDE’s Calculation Methods for Grains/Breads Servings in the SFSP.

Crediting Summary Charts for the SFSP Meal Patterns

Chart 5 – How to Credit the Grains/breads component, *continued*

Food item	Crediting requirements	1 serving =
Grain foods made from scratch, e.g., breads and bread products (groups A-G)	<ul style="list-style-type: none"> Recipes must be made with creditable grains. 	<ul style="list-style-type: none"> Varies by recipe. Refer to the CSDE's Calculation Methods for Grains/ Breads Servings in the SFSP. If the serving weight is known: Use method 1 (USDA's Exhibit A chart). <ol style="list-style-type: none"> Determine the <i>required weight for the applicable grain group (A-G)</i> using Servings for Grains/ Breads in the SFSP. Divide the <i>recipe's serving weight</i> by the <i>required weight for the applicable grain group</i>. Round down to the nearest $\frac{1}{4}$ serving. If the serving weight is not known: Use method 2 (creditable grains per serving). Refer to the CSDE's Calculation Methods for Grains/ Breads Servings in the SFSP. <ol style="list-style-type: none"> Determine the total weight (grams) of all creditable grains in the recipe. Divide the <i>grams of creditable grains</i> in the recipe by the <i>number of servings</i> in the recipe to get <i>creditable grains per serving</i>. Divide <i>creditable grains per serving</i> by 14.75 to get servings of grains/breads (1 serving = 14.75 grams of creditable grains) Round down to the nearest $\frac{1}{4}$ serving. Note: If the recipe does not include the serving weight, the SFSP sponsor could conduct a yield study to weigh several cooked portions and determine the average weight per serving. For guidance on yield studies, refer to the CSDE's Yield Study Data Form.

Crediting Summary Charts for the SFSP Meal Patterns

Chart 5 – How to Credit the Grains/breads component, *continued*

Food item	Crediting requirements	1 serving =
Combination foods made from scratch, e.g., pizza and macaroni and cheese (grain portion from groups A-H)	<ul style="list-style-type: none"> The <i>grain portion</i> of the recipe must be made with creditable grains. 	<ul style="list-style-type: none"> Varies by recipe. Refer to the CSDE's Calculation Methods for Grains/ Breads Servings in the SFSP. If the weight (groups A-G) or volume (group H) of the grain portion is known: Use method 1 (USDA's Exhibit A chart). <ol style="list-style-type: none"> Determine the required <i>weight (groups A-E) or volume (group H)</i> for the product's grain portion using the CSDE's Servings for Grains/ Breads in the SFSP. Divide the <i>serving weight or volume</i> of the grain portion by the <i>required weight or volume</i> for the grain portion in Exhibit A. Round down to the nearest $\frac{1}{4}$ serving. If the weight (groups A-G) or volume (group H) of the grain portion is not known: Obtain a PFS and use method 2 (creditable grains per serving). Refer to the CSDE's Calculation Methods for Grains/ Breads Servings in the SFSP.

For more resources, visit the "[Grains/Breads Component for the SFSP](#)" section of CSDE's SFSP webpage

Crediting Summary Charts for the SFSP Meal Patterns



For more information visit the [SFSP Meal Patterns](#) and [Crediting Foods in the SFSP](#) sections of the CSDE's SFSP webpage, or contact the [Summer Meals staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Crediting_Summary_Charts_SFSP.pdf.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: <https://www.usda.gov/oascr/how-to-file-a-program-discrimination-complaint>, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

The Connecticut State Department of Education is committed to a policy of affirmative action/equal opportunity for all qualified persons. The Connecticut Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of age, ancestry, color, civil air patrol status, criminal record (in state employment and licensing), gender identity or expression, genetic information, intellectual disability, learning disability, marital status, mental disability (past or present), national origin, physical disability (including blindness), race, religious creed, retaliation for previously opposed discrimination or coercion, sex (pregnancy or sexual harassment), sexual orientation, veteran status or workplace hazards to reproductive systems, unless there is a bona fide occupational qualification excluding persons in any of the aforementioned protected classes.

Inquiries regarding the Connecticut State Department of Education's nondiscrimination policies should be directed to: Levy Gillespie, Equal Employment Opportunity Director/Americans with Disabilities Coordinator (ADA), Connecticut State Department of Education, 450 Columbus Boulevard, Suite 505, Hartford, CT 06103, 860-807-2071, levy.gillespie@ct.gov.